



MARCH 2025

Breakfast Entrée Alternates **Breakfast Juice Rotation**

Monday: Cinnamon Toast Crunch Cereal
 Tuesday: Banana Chocolate Benefit Bar
 Wednesday: Coco Puffs Cereal
 Thursday: Celebration Birthday Cake Benefit Bar
 Friday: Lucky Charms Cereal

Apple: M/W/F
Orange: T/Th

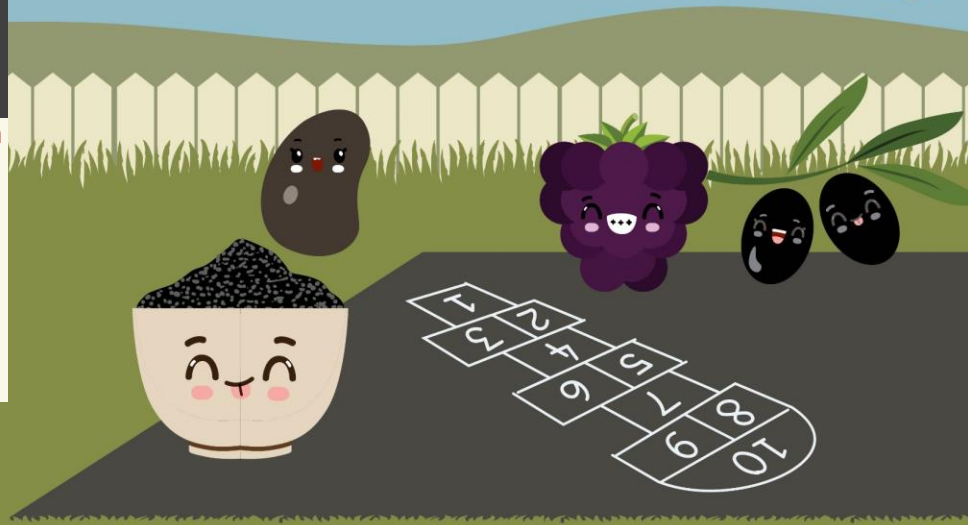
Fresh Apples Slices available daily at lunch









1% White, 1% Chocolate, & Lactaid Milk available daily at Breakfast and Lunch



ACE'S CORNER

Breakfast Prices **Lunch Prices**
 Paid: FREE Paid: \$2.50
 Reduced: FREE Reduced: FREE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALLERGY Week 1	Blueberry Muffin & Cheese Stick Cinnamon Applesauce 3  Beef Soft Tacos Chicken Nuggets & Dinner Roll Sunbutter Sandwich, Cheese, & Crackers Black Beans & Baby Carrots Mandarin Oranges	Mini Maple Waffles Apple Slices 4  Chicken & Noodles w/Dinner Roll Chicken Nuggets & Dinner Roll Chef Salad with Dinner Roll Green Beans & Cucumber Slices Pears	Strawberry Bagel Strawberry Applesauce 5  Fish Sticks & Pierogies Chicken Nuggets & Dinner Roll Chef Salad with Dinner Roll Green Peas & Tossed Salad Orange Wedges FREE Cookie with Lunch Meal	Vanilla Confetti Waffle Mixed Fruit Cup 6  Orange Chicken & Fried Rice Chicken Nuggets & Dinner Roll Chef Salad with Dinner Roll Steamed Broccoli & Pepper Slices Applesauce	Nutri-Grain Bar & Cheese Stick Mixed Berry Applesauce 7  Cheese Pizza Chicken Nuggets & Dinner Roll Chef Salad with Dinner Roll Smiley Fries & Baby Carrots Peaches
ALLERGY Week 2	Apple Cinnamon Muffin & Cheese Cinnamon Applesauce 10 Popcorn Chicken & Dinner Roll Cheeseburger Yogurt Pretzel Pack Steamed Broccoli & Baby Carrots Mandarin Oranges	Chicken Cheddar Stuffed Waffle Apple Slices 11 Pizza Crunchers & Sauce Cheeseburger Yogurt Pretzel Pack Green Beans & Cucumber Slices Pears	Chocolate Donut Strawberry Applesauce 12 Chicken Filet Sandwich Cheeseburger Yogurt Pretzel Pack Baked Beans & Tossed Salad Orange Wedges	Sausage, Egg, & Cheese Burrito Mixed Fruit Cup 13 Chicken & Waffles Cheeseburger Yogurt Pretzel Pack Tater Tots & Pepper Slices Applesauce	Blueberry Mini Waffles Mixed Berry Applesauce 14  Cheese Pizza Cheeseburger Yogurt Pretzel Pack Green Peas & Baby Carrots Peaches
ALLERGY Week 1	Mini Confetti Pancakes Cinnamon Applesauce 17 Chicken Drumstick & Dinner Roll Hot Dog Yogurt Pretzel Pack Mashed Potatoes & Baby Carrots Mandarin Oranges	Apple Frudel Apple Slices 18 Doritos Walking Taco Hot Dog Cookie Hummus Pack Black Beans & Cucumber Slice Pears	Cinnamon Swirl Roll Strawberry Applesauce 19 Boneless Wings & Soft Pretzel Rod Hot Dog Cookie Hummus Pack Smiley Fries & Tossed Salad Orange Wedges	Turkey Pancake Wrap Mixed Fruit Cup 20 Penne Chicken Alfredo & Garlic Toast Hot Dog Cookie Hummus Pack Green Beans & Pepper Slices Applesauce	Vanilla Yogurt & Cereal Bar Mixed Berry Applesauce 21  Cheese Pizza Hot Dog Cookie Hummus Pack Steamed Broccoli & Baby Carrots Peaches FREE Rice Krispie with Lunch Meal
ALLERGY Week 2	Banana Muffin & Cheese Stick Cinnamon Applesauce 24 Popcorn Chicken & LoMein Noodles Pizza Sticks & Sauce Cookie Hummus Pack Steamed Broccoli & Baby Carrots Mandarin Oranges	Cinnamon French Toast Apple Slices 25 Beef Soft Tacos Pizza Sticks & Sauce Ham & Cheese Sub Black Beans & Cucumber Slices Pears	Powdered Sugar Donut Strawberry Applesauce 26 Rotini & Meatballs Pizza Sticks & Sauce Ham & Cheese Sub Green Beans & Tossed Salad Orange Wedges	Sausage, Egg, & Cheese Burrito Mixed Fruit Cup 27 French Toast Sticks & Sausage Pizza Sticks & Sauce Ham & Cheese Sub Tater Tots & Red Pepper Slices Applesauce	Vanilla Yogurt & Cereal Bar Mixed Berry Applesauce 28 Cheese Pizza Pizza Sticks & Sauce Ham & Cheese Sub Seasoned Corn & Baby Carrots Peaches
ALLERGY Week 1	Chocolate Muffin & Cheese Stick Cinnamon Applesauce 31 Popcorn Chicken Bowl & Dinner Roll Corn dog Sunbutter Sandwich, Crackers, & Cheese Seasoned Corn & Baby Carrots Mandarin Oranges	 <p>National School Breakfast Week March 3-7</p>			<p>If your child has a documented allergy on file, their menu for the day differs from this posted menu.</p> <p>Please see Allergen menus for daily allergy-free menu option.</p>

NEW MOON NUTRIENTS

Foods that are black in color pack an abundance of flavor as well as anthocyanins and minerals. These minerals include iron, which helps red blood cells to deliver oxygen to other cells, and our body's most essential and abundant mineral, calcium. Examples of deeply achromatic produce include black-eyed peas, black quinoa, black sesame seeds, black pepper, black lentils, and black tea. As a general rule, the darker the color—the more antioxidants they contain!

DISCOVER: BLACKBERRIES

Bursting with tart sweetness, blackberries are shaking things up in the cafeteria this month. In season during the warmer months, these juicy berries are packed with vitamin C, fiber, and manganese.



BLACK BEANS: Packed with protein, fiber, & minerals
Peak Season: Jun.-Aug.

BLACK RICE:

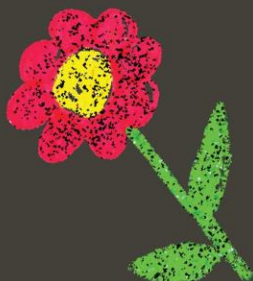
Hearty dose of protein, iron, & antioxidants
Peak Season: Sep.-Oct.



BLACK OLIVES: Packed with calcium, iron, & potassium
Peak Season: Sep.-Nov.

CHALLENGE OF THE MONTH: HOMEMADE SIDEWALK PAINT

Using water, cornstarch, and food coloring you can make your own sidewalk paint! Just mix equal parts water and cornstarch and then add the food coloring of your choice. With a muffin tin as your painter's palette, you can mix up a variety of colors to make your own work of art outside.



ACE'S RECIPE OF THE MONTH:

BLACK BEAN AND TOMATO SALAD*

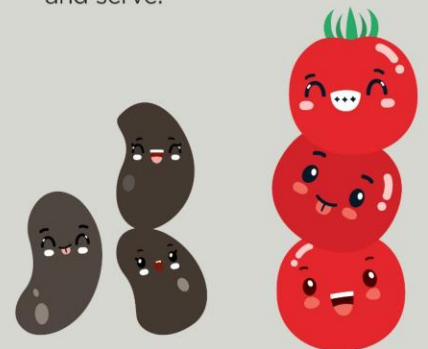
Serves 4

INGREDIENTS:

- 1 package cherry tomatoes
- 1 can black beans
- 1/4 cup corn
- 2-3 green onions chopped
- 2 cloves garlic minced
- 3 tablespoons cilantro finely chopped
- 1/4 cup orange juice
- 1 tablespoon balsamic vinegar
- 1 pinch salt or to taste
- 1-2 teaspoon(s) sugar to taste
- 1 teaspoon chili powder

PREPARATION:

1. In a medium bowl, mix tomatoes, black beans, corn, and green onions.
2. In a small bowl, make dressing by mixing garlic, cilantro, orange juice, balsamic vinegar, salt, sugar, and chili powder.
3. Pour dressing over top of salad mixture, stir to combine, and serve.



*DO NOT attempt to chop or cook without adult supervision.